

POLITEKNIK KESEHATAN KEMENTERIAN KESEHATAN TANJUNG  
KARANG  
JURUSAN KEPERAWATAN  
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Karya Tulis Ilmiah, Mei 2024  
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PENERAPAN *PERSONAL HYGIENE* PADA PASIEN SKIZOFRENIA  
DENGAN MASALAH KEPERAWATAN DEFISIT PERAWATAN DIRI DI  
WILAYAH KERJA PUSKESMAS KOTABUMI II LAMPUNG UTARA

xviii + 44 halaman + 6 tabel + 4 gambar + 6 lampiran

**ABSTRAK**

Skizofrenia adalah gangguan pikiran dan persepsi disertai afek tumpul akibat kerusakan otak. Salah satu gejala yang sering ditemukan pada pasien skizofrenia adalah defisit perawatan diri, tindakan keperawatan yang dilakukan untuk masalah tersebut dengan dilakukan *personal hygiene*. Penelitian ini bertujuan memperoleh gambaran dalam melakukan penerapan *personal hygiene* dengan masalah keperawatan defisit perawatan diri di Wilayah Kerja Puskesmas Kotabumi II Lampung Utara. Metode dalam penelitian ini menggunakan desain studi kasus terhadap 1 orang pasien skizofrenia dengan masalah keperawatan defisit perawatan diri di Wilayah Kerja Puskesmas Kotabumi II Lampung Utara. Hasil penelitian menunjukkan bahwa setelah diberikan tindakan keperawatan berupa penerapan *personal hygiene* pada satu klien terjadi penurunan tanda dan gejala serta peningkatan kemandirian melakukan aktivitas. Kesimpulan dari penelitian ini bahwa tindakan keperawatan *personal hygiene* efektif dalam menurunkan skizofrenia dengan masalah defisit perawat diri. Perawat diharapkan dapat memberikan tindakan keperawatan *personal hygiene* kepada pasien defisit perawatan diri.

Kata kunci : *Personal Hygiene*, Skizofrenia, Defisit Perawatan Diri  
Daftar bacaan : 37 (2010 – 2023)

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*APPLICATION OF PERSONAL HYGIENE IN SCHIZOPHRENIA PATIENTS  
WITH NURSING PROBLEMS SELF-CARE DEFICIT IN THE WORKING AREA  
OF THE KOTABUMI II PUSKESMAS, LAMPUNG UTARA*

*xviii + 44 pages + 6 tables + 4 pictures + 6 appendices*

**ABSTRACT**

*Schizophrenia is a disorder of thought and perception accompanied by blunted affect due to brain damage. One of the symptoms often found in schizophrenic patient is a self-care deficit, the nursing action taken for this problem is personal hygiene. This study aims to obtain an overview of implementing personal hygiene with the problem of self-care deficit nursing in the working area of the Kotabumi II north Lampung Community health center.. The research method used nursing actions in the form of applying personal hygiene to 1 schizophrenic patient with a self-care deficit nursing problem in the Kotabumi II Community Health Center Working Area, North Lampung, which was reported in the form of a case study. The results of the study showed that after being given nursing action in the form of applying personal hygiene to one client, there was a decrease in signs and symptoms and an increase in independence in carrying out activities. The conclusion of this research is that personal hygiene nursing actions can reduce signs and symptoms of self-care deficits and increase client independence. Nurses are expected to be able to provide personal hygiene nursing measures to patients with self-care deficits.*

*Keywords : Personal Hygiene, Schizophrenia, Self-Care Deficit*

*Reference : 37 (2010 – 2023)*